

**Amendments to the Claims:**

The following claims will replace all prior versions of the claims in this application (in the unlikely event that no claims follow herein, the previously pending claims will remain):

- 1-49. (Cancelled).
50. (New) A capsule containing from about 100 to about 800 milligrams of a composition in powder form, wherein the composition comprises activated charcoal and limestone.
51. (New) The capsule of claim 50 comprising between about 100 and 500 milligrams of said composition.
52. (New) The capsule of claim 50 wherein said composition comprises between 30 and 60 weight % of activated charcoal and between 40 and 70 weight % of activated limestone.
53. (New) The capsule of claim 50 further comprising a re-hydrating agent.
54. (New) The capsule of claim 50 further comprising an agent capable of enhancing aldehyde dehydrogenase activity.
55. (New) The capsule of claim 54 wherein said agent is vitamin B1.
56. (New) The capsule of claim 50 further comprising a fatigue relieving agent.
57. (New) The capsule of claim 56 wherein said fatigue relieving agent is vitamin B12.
58. (New) The capsule of claim 50 further comprising an agent capable of reducing alcohol dependency.

59. (New) The capsule of claim 58 wherein said agent capable of reducing alcohol dependency is olanzapine.
60. (New) A tablet containing from about 100 to about 800 milligrams of a composition in powder form, wherein the composition comprises activated charcoal and limestone.
61. (New) The tablet of claim 60 comprising from about 100 to about 500 milligrams of said composition.
62. (New) The tablet of claim 60 wherein said composition comprises between 30 and 60 weight % of activated charcoal and between 40 and 70 weight % of activated limestone.
63. (New) The tablet of claim 60 further comprising a re-hydrating agent.
64. (New) The tablet of claim 60 further comprising an agent capable of reducing alcohol dependency.
65. (New) The tablet of claim 64 wherein said agent capable of reducing alcohol dependency is olanzapine.
66. (New) The tablet of claim 60 further comprising an agent capable of enhancing aldehyde dehydrogenase activity.
67. (New) The tablet of claim 66 wherein said agent is vitamin B1.
68. (New) The tablet of claim 60 further comprising a fatigue relieving agent.
69. (New) The tablet of claim 68 wherein said fatigue relieving agent is vitamin B12.
70. (New) A method of alleviating the deleterious effects of alcohol consumption comprising administering to a subject a capsule containing from about 100 to about 800

milligrams of a composition, wherein the composition comprises activated charcoal and activated limestone.

71. (New) The method of claim 70 wherein said capsule comprises between about 100 and 500 milligrams of said composition.

72. (New) The method of claim 70 wherein said capsule comprises between 30 and 60 weight % of activated charcoal and between 40 and 70 weight % of activated limestone.

73. (New) The method of claim 70 wherein said capsule further comprises a re-hydrating agent.

74. (New) The method of claim 70 wherein said capsule further comprises an agent capable of reducing alcohol dependency.

75. (New) The method of claim 70 wherein said capsule further comprises olanzapine.

76. (New) The method of claim 70 wherein said capsule further comprises an agent capable of enhancing aldehyde dehydrogenase activity.

77. (New) The method of claim 76 wherein said agent is vitamin B1.

78. (New) The method of claim 70 wherein said capsule further comprises a fatigue relieving agent.

79. (New) The method of claim 78 wherein said fatigue relieving agent is vitamin B12.

80. (New) A method of alleviating the deleterious effects of alcohol consumption comprising administering to a subject a tablet containing from about 100 to about 800 milligrams of a composition, wherein the composition comprises activated charcoal and activated limestone.

81. (New) The method of claim 80 wherein said tablet comprises between about 100 and 500 milligrams of said composition.
82. (New) The method of claim 80 wherein said tablet comprises between 30 and 60 weight % of activated charcoal and between 40 and 70 weight % of activated limestone.
83. (New) The method of claim 80 wherein said tablet further comprises a re-hydrating agent.
84. (New) The method of claim 80 wherein said tablet further comprises an agent capable of reducing alcohol dependency.
85. (New) The method of claim 80 wherein said tablet further comprises olanzapine.
86. (New) The method of claim 80 wherein said tablet further comprises an agent capable of enhancing aldehyde dehydrogenase activity.
87. (New) The method of claim 86 wherein said agent is vitamin B1.
88. (New) The method of claim 80 wherein said tablet further comprises a fatigue relieving agent.
89. (New) The method of claim 88 wherein said fatigue relieving agent is vitamin B12.